



June 2026

Information about term 6's Personal, Social, Health Education, which includes Relationships and Changing Me

Dear Parents/Carers,

At St Stephen's Junior School we use Jigsaw as our scheme of work to teach PSHE (Personal, Social, Health Education). The programme consists of 6 half-term units, each with 6 lessons. We call these Jigsaw 'Puzzles'. (Being Me in My World, Celebrating Difference, Dreams and Goals, Healthy Me, Relationships and Changing Me).

In the second half of the Summer Term, we will be teaching the 'Changing Me' Puzzle. This helps children learn to cope positively with all sorts of change. In Key Stage 2 they will learn about puberty in this Puzzle.

The purpose of this letter is to inform you of the statutory requirements placed on schools, and what we plan to teach when for this topic in PSHE this term.

The government statutory guidance gives parents the right to request to withdraw their child from Sex Education, and this letter explains more about what Sex Education is and how you can find out more about this if you wish to.

Health, Relationship and Sex Education

Health and Relationship Education is statutory in all primary schools, and it is recommended that all primary schools have a Sex Education programme that is tailored to the age of the pupils.

In Key Stage 2, there is a particular focus on the Health Education element of puberty in (including menstruation) and the changes that happen inside and outside the body. This is taught in a way that helps pupils feel prepared for the main changes that happen before puberty starts, and to encourage them to talk to an adult at home or at school if they have any questions.

At St Stephen's Junior School, we define 'Sex Education' to mean learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity. Sex Education is part of our PSHE/RSE curriculum and we teach it through the Jigsaw 'Changing Me' topic.

The Jigsaw scheme says that it is best practice for children to be taught RSE in mixed groups, as it is important for boys and girls to know about the changes that will be ahead during puberty for both groups.

The right to withdraw

As parents you have the right to withdraw your child from the non-statutory elements of our teaching. These will be the lessons on human reproduction (please refer to the contents table below for the exact lessons). You are unable to withdraw your child from any lessons within Relationship or Health Education (this includes puberty and menstruation). If you do wish to withdraw your child from the human reproduction lessons, please fill in the attached form and return it to the school office so we can discuss the implications of withdrawing.



What will my child be taught about puberty and human reproduction?

The Jigsaw unit 'Changing Me' is taught in the Summer Term and contains 6 pieces (lessons). Each year group will be taught appropriate to their age and developmental stage. This content will be taught by the class/year teachers. We will not teach beyond the remit of the year group.

Each class will have a box for anonymous questions that come up in our 'Changing Me' lessons. This technique allows the teacher to support any children who have concerns, and also gives 'thinking time' so that, if appropriate, the children's questions can be answered age-appropriately in the next lesson. If questions are asked that the teacher feels are inappropriate or are beyond the content for that year group, the teacher may ask the child to ask their parent/carer, or the teacher may acknowledge the question and explain that we will learn about that aspect at another time.

The table below only covers the lessons (pieces) that relate to life cycles, the human body, puberty and human reproduction. The lessons (pieces) that parents are able to withdraw their children from are highlighted in red font.

School Year group	Piece (lesson) Number and Name	Learning Intentions relating to Puberty and Human Reproduction
Age 9-10 Year 5	Piece 2 Puberty for Girls	<ul style="list-style-type: none"> explain how girls' bodies change during puberty and understand the importance of looking after themselves physically and emotionally. understand that puberty is a natural process that happens to everybody and that it will be OK for them.
	Piece 3 Puberty for Boys	<ul style="list-style-type: none"> I can describe how boys' and girls' bodies change during puberty. I can express how I feel about the changes that will happen to me during puberty.
	Piece 4 Conception Parents have the right to withdraw children from this session as it is classed as human reproduction.	<ul style="list-style-type: none"> I understand that sexual intercourse can lead to conception and that is how babies are usually made I also understand that sometimes people need IVF to help them have a baby. I appreciate how amazing it is that human bodies can reproduce in these ways.

We are eager to work in partnership with parents

Please be aware that your child may ask you questions on what they have learnt. There is also the Usborne series of growing up books (<https://usborne.com/gb/books/series/growing-up>) that you might find useful.

We hope that the information we have provided is useful in understanding what your child will be learning this term.



ST. STEPHEN'S JUNIOR SCHOOL

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If you have any further questions or would like to view materials that will be used to teach these lessons, please contact your child's teacher or me via the office.

Yours faithfully,

Mr Parkin
PSHE / RSE Lead



TO BE COMPLETED BY PARENTS/CARERS

Name of child		Class	
Name of parent/carer		Date	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the school to consider			
Parent signature			

TO BE COMPLETED BY THE SCHOOL

Agreed actions from discussion with parents/carers	